

Of Interest to Households

GOOD THINGS TO EAT.

Information of the Right Sort for Kitchen Use.

For a cucumber and radish salad slice the vegetables very thin. Arrange the slices of cucumber in a salad bowl in a circle with two slices of radish between each slice of cucumber. Pour over a French dressing to which a teaspoonful of lemon juice has been added.

CHEESE BALLS.

Grate 1-2 cups of yellow American cheese with one-fourth teaspoonful each of salt and paprika; then cut and fold into the mixture the whites of three eggs beaten stiff; shape into small balls a generous inch in diameter; roll these in fine cracker crumbs and fry in deep fat to a pale straw color. Drain on soft paper. Serve with a plain lettuce salad.

SALAD PUFFS.

Put one-half cup of butter into one cup of boiling water and when the mixture boils add one cup of flour all at once and beat until the mass is smooth and cleaves from the pan. Now add four whole eggs, one at a time, and beat vigorously between the addition of each. Drop by small spoonfuls about two inches apart on a buttered pan. Bake half an hour in a moderate oven. Cool, cut a gash in the side of each and fill with chopped chicken mixed with mayonnaise dressing.

WHITE COTTAGE PUDDING.

Cream one rounding tablespoonful of butter with one cup of sugar, add one-half cup of milk, one and one-half cups of flour sifted with three level teaspoons of baking powder, then stiffly beaten whites of two eggs and three-quarters teaspoonful of vanilla. Beat well and bake; serve with liquid sauce.

STRAWBERRY SPONGE.

One quart of strawberries, one tablespoonful of powdered gelatin, two whites of eggs, two tablespoonfuls of granulated sugar, a squeeze of lemon juice, a few drops of red coloring. Rub the strawberries through a fine sieve, mixing the sugar with them. Put this puree into a large basin, add to it the lemon juice and whites of eggs. Dissolve the gelatin in a small saucepan with a little water and strain it beside the puree. Add red coloring, and beat all together with a wire whisk until light and frothy. Pile on a glass dish and set in a cool place until wanted.

A SIMPLE SALAD.

Cabbage scorned as plebeian takes on an air as a salad. Not cold slaw or hot slaw, but a crisp, easily mixed salad with French dressing.

Cut the cabbage with fine grater and put it in ice water for an hour before serving. Dry on a clean napkin, and cover with a highly seasoned French dressing about ten minutes before serving.

If a clove or garlic is rubbed over the bowl in which the dressing is made the flavor is much improved for many persons.

While one would not serve this salad at a formal meal, it makes an appetizing lunch dish.

RICE BLANC MANGE.

Three tablespoonfuls rice flour mixed with a little cold milk and one pint milk. Stir well together and add three-fourths of a cup of sugar, the grated rind of a lemon and one-half teaspoon vanilla. Place on fire and boil till it thickens, stirring constantly, then pour into moulds and allow it to cook. Turn on to a dish and serve with whipped cream.

APPLE FRITTERS.

One and one-third cups flour, 2-3 level teaspoons baking powder, one-half level teaspoon salt, two-thirds cup milk, one egg well beaten, two or three apples sliced thin. Sift together the flour, baking powder and salt, then add the milk and egg. Beat well and add the apple. Drop by spoonfuls into deep hot fat and cook until well browned and the apple is tender. Drain on brown paper and sprinkle with powdered sugar.

THE USES OF MINT.

A popular magazine some time ago published the following recipe for mint sherbet which reads as though it would taste good: "Wash and dry thoroughly a bunch of mint. Strip the leaves from the stalks and pound them to a pulp. Add the juice of two lemons, cover and let stand fifteen minutes. In the mean time put two cups of granulated sugar dissolved in a small quantity of fire. Stir until the sugar is dissolved; then boil till the syrup spins a short thread; take from the fire, add the mint and lemon juice and one-half cupful of strained orange juice. When cold strain and freeze, adding, when half frozen, one tablespoonful of creme de menthe."

Mint julep, the refreshing old-fashioned Southern drink, has been superseded, it is said, by cheap juleps which cannot compare with it and have ruined the reputation of this once famous drink.

For a real Georgia mint julep a good cook book gives the following: Put a dozen young sprigs of mint into a large glass; add a teaspoonful of powdered sugar dissolved in a small quantity of water; then three-fourths of a wineglassful of cognac and three-fourths of a wineglassful of peach brandy. Fill up with shaved ice. Stir without crushing the mint.

"Mint tea" was once used to some extent in sickness. It was considered good for allaying nausea. Put the herbs into a pitcher; pour boiling water over them and cover the pitcher. Set it near the fire until sufficiently strong.

Occasionally a bit of minced mint is used in a mayonnaise sandwich filling.

An East Indian way of serving green peas is with mint leaves, according to the following rule: Put the peas into a jar with a small quantity of butter, pepper, salt, a pinch of sugar and some young mint leaves. Cover the jar and set it in a saucepan of water. Let the peas cook till tender.

In getting any tooth powder in quantity it is better to take out but a small portion at a time for daily use, as, if exposed to the air, it absorbs impurities.

CONCERNING WOMEN.

Anecdotes and News Items About the Weaker Sex.

Signorina de Gigli, the Italian actress, received a bouquet from an unknown admirer while she was playing in Milan the other day. The bunch of flowers seemed exceptionally heavy and close inspection revealed the fact that in the midst of the roses were two live Japanese spaniels.

Pauline Lucca, the great singer who has just died, spent her later years in teaching. "Inspire yourself with the situation," said she to a pupil on one occasion when instructing on some tragic character; "fancy yourself in the poor woman's place. If you were deserted by a lover whom you adored, what would you do?" "I would look out for another," was the unexpected and ingenious reply.

Miss Belle Chamberlain is one of the two women in the United States who hold the position of Superintendent of Public Instruction. She served as Assistant State Superintendent for four years before being chosen to her present position. She is working to consolidate the schools of Idaho into one system and it is said that she has lost none of her womanly charm, although such great responsibility rests upon her.

The Alumni Association of the University of Michigan has a register for the old graduates who return on visits. The present home address, the year of graduation and the present occupation of the signer are given. The other day there was an inscription written in the book unlike any that had ever found place there before. It ran: "Dora Kennedy Mathews. Home address, Detroit, Mich. Year of graduation, 1887. Occupation, mother."

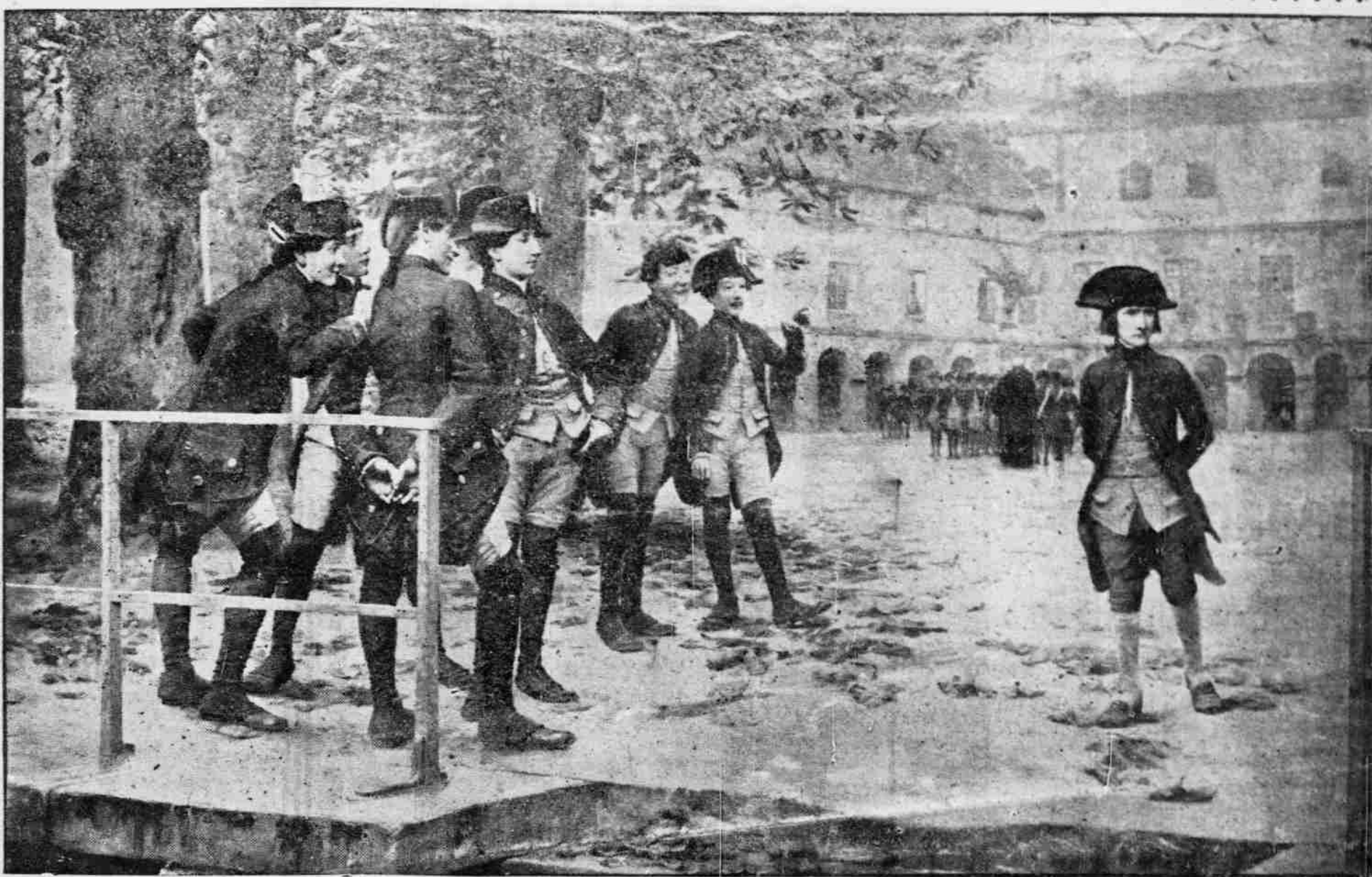
The clubwomen of Berkeley, Cal., are urging a special bond election to appropriate \$40,000 to clear the place of rats. At a large joint mass meeting of men and women held the other day in the Chamber of Commerce the women had as much to do and say as the men. A prominent business man is reported to have said that in his opinion the cause of equal suffrage has been advanced 50 per cent. in Berkeley since the women organized to help the men to drive out the rats.

The government of India has just authorized the employment of women operators in the telegraph service. The candidates must be between 18 and 30 and must either be unmarried or widows. They are first required to take a course of twelve months in the telegraphic training classes, during which time they will get \$6.55 a month, the same wages as is paid to man students. Candidates that are accepted at the end of their training will be on probation for one more year. If this year proves them to be up to the standard they will receive a regular appointment with a salary varying from \$10 to \$25 a month, which is considered high pay in India. At the end of a stipulated number of years these women telegraph operators will be pensioned, but resignation on marriage is compulsory.

VARIOUS USES FOR LEMONS.

Lemon juice will cure a sore throat if the throat is gargled with it.

A cloth soaked in lemon juice and



NAPOLEON AT SCHOOL, FROM A CELEBRATED PAINTING.

bound around a cut or wound will stop the bleeding.

Lemon juice rubbed on the hands while washing them will remove stains made by vegetables or fruit.

Lemon juice and salt spread on a garment will remove iron rust.

Lemon juice added to fruit juices that do not jell readily, such as cherries, strawberries, and other fruits, cause them to jell.

KITCHEN CHAIRS.

The housewife who values her strength and youth will do all she can to lighten the work. It is a wise woman who will keep both a high and a low chair in her kitchen. The high chair should be used at the kitchen table, with a footstool under the feet, when preparing vegetables, when washing dishes, and when ironing such things as handkerchiefs, which need no weight put on them.

The low chair will prove restful and useful to sit on while waiting for cakes, cookies, or pies to brown in the oven.

The few moments' rest gained from time to time during the day while sitting down to do work which can be done as well sitting as standing will mean much less weariness when the day's work is done.

CLEANING WHITE HAIR.

White hair which is dust dingy can be thoroughly cleaned and made fluffy by rubbing through it a handful of magnesia. Magnesia will not stick to the scalp as most powders do, and it is splendid for removing dust, grease or moisture from excessive perspiration. It can be brushed from the hair and leaves it as clean as when thoroughly washed. Scrape the magnesia from the block with a knife, but do not have it too finely powdered.

HOUSEHOLD NOTES.

Remember that excessive exercise wears away fat, while moderate exercise develops it.

A few grains of coffee burned on hot coals will purify the air in a sickroom and drive away any odor.

A small onion eaten raw before retiring will often result in a restful sleep, as onions are excellent nerve soothers.

The skin that cannot use glycerin pure may suffer no evil effects if it is diluted with soft water or with lemon and water mixed.

If you want to strengthen the muscles of the throat both inside and out try puffing out the cheeks and at the same time blowing hard with the lips.

It is a mistake to tuck the night-dress under the pillow by day, as is the habit with many. First, air it thoroughly and then hang it in the closet.

Never neglect to go through some exercises which will keep the muscles in order, the head erect, the shoulders well thrown back; carriage stands you in good stead even in old age.

The body should be kept healthy by general activity of all the organs. The daily bath, the drinking of quantities of pure water and the proper sort of healthful foods will do all this.

Pimples and blackheads are very often merely the result of a superficial cleansing of the face. Hot water opens the pores and soap cleanses them. For this reason they should be used every day.

No nails can be beautiful if the habit of biting them is indulged in. One of the best methods to prevent the biting of nails is to put some bitter oil on

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